

# THE PARADOX OF OUR TIMES

*- His Holiness the Dalai Lama*

**Is that we have taller buildings, but shorter tempers  
Wider freeways, but narrower viewpoints  
We spend more, but we have less  
We have bigger houses, but smaller families  
More conveniences, but less time  
We have more degrees, but less sense  
More knowledge, but less judgment  
More experts, but more problems  
More medicines, but less wellness  
We have multiplied our possessions, but reduced our values  
We talk too much, love too seldom, and hate too often  
We have learnt how to make a living, but not a life  
We have added years to life, but not life to years  
We've been all the way to the moon and back  
But have trouble crossing the street to meet the new neighbour  
We have conquered outer space, but not inner space  
We've cleaned up the air, but polluted our soul  
We've split the atom, but not our prejudice  
We've higher incomes, but lower morals  
We've become long on quantity but short on quality  
These are the times of tall men, and short character  
Steep profits, and shallow relationships  
These are the times of world peace, but domestic warfare  
More leisure, but less fun; more kinds of food, but less nutrition  
These are the days of two incomes, but more divorces  
Of fancier houses, but broken homes  
It is a time when there is much in the show window  
And nothing in the stockroom**

**A time when technology can bring this letter to you**

**And a time when you can choose**

**Either to make a difference.... or just hit, delete.**